



Welcome Everyone!

On behalf of everyone at Chrysalis Society, it's my pleasure to report on another amazing year! The past year has been charged with excitement and growth!

Successes

With strength and courage, women at Chrysalis are beating incredible odds to overcome the damages from addiction, violence and poverty. We see time and time again that with effective supports and timely opportunities women do recover!

Chrysalis Completion Rates for 2014-15 :

- * **56% of women at New Dawn completed the program**
- * **83% of women completed at New Day**
- * **82% completed at New Way**

It's clear that when women have access to first-stage stabilization they achieve better long-term outcomes in second-stage programs like New Day & New Way. Despite this evidence, this past year we were heartbroken to witness the closure of Homestead (a 24-bed residential program for women), and now due to more cuts to women's programs we're witnessing the closure of the Richmond's Women's Center this summer. Women consistently and continually report to us the impacts of the systemic barriers they face.

Gender-Specific Challenges

Of the 330 women who waitlisted for a bed in one of our three homes, 131 (39%) were able to secure placement.

Of the 131 women:

- * 124 women (94%) reported experiences or risks of violence immediately prior to entry
- * 90 women (74%) were homeless at entry
- * 95 women (72%) reported significant mental health and/or medical needs requiring comprehensive support

As our waitlist numbers indicate the demand for our services is higher than ever: women experiencing intersections between addiction, violence, homelessness and mental health continue to face barriers because of compartmentalized mandates, which ultimately increases their vulnerability, risks and harms overall.

Trends

A noticeable trend in recent years has been the steady increase in numbers of women on opioid replacement therapy:

Women at New Dawn prescribed Methadone, Methadose or Suboxone:

18% in 2012-13 31% in 2013-14 40% in 2014-15

The other trend in our province is the systemic centralization of essential government services, which has resulted in reduced resources, staggering wait times, and compounded bureaucracy (ie: paperwork). We have witnessed exponentially more barriers for the women who need our services. Face-to-face contact is more limited than ever, and this fundamentally counters best trauma-informed practice.

Complex Needs

Chrysalis receives an unprecedented number of referrals for women needing acute concurrent psychiatric and tertiary medical care. We've seen a significant increase over recent years in the number of women whose complex needs exceeded the resources available at New Dawn:

Women requiring a hospital admission due to complex mental health and/or medical needs:

1% in 2012-13
4% in 2013-14
10% in 2014-15

Acknowledgement & Thanks

Teamwork

Chrysalis remains dedicated to reducing barriers for women despite the increasing systemic challenges in doing so. We are one of the very few remaining organizations – if not the only organization - that provides feminist-based holistic services through a women-only residential addiction and mental health continuum of care in BC! Again, this past year our cohesive team demonstrated incredible aptitude, professionalism and exceptional care and support for the women in our programs, day in and day out! The team continues to work together with unity, grace and an incredible sense of humour – a HUGE thank you to everyone on our Team!

Women Do Recover! ~ Alumnae

This past year, eight dedicated members of the Alumnae Committee volunteered countless hours helping support women in the community and in our three homes, they coordinated fundraising events throughout the year, with 100% of proceeds going towards Alumnae gatherings, and events. The private Alumnae Facebook Page is now accessed by 148 women! Thank you to *everyone* on the Alumnae Committee for your dedication, service and generosity! You are each living proof that women do recover, and you remain an inspiration to us all!

Board of Directors

A HUGE thank you to our Board members - Tracy, Angela, Astha, Jordan, Aimee and Rebeca - who each continue volunteering essential contributions in time and knowledge! Your diligent efforts provide a robust governance framework for our organization's success! Our heartfelt thanks to each of you for your ongoing dedication – your work allows us to carry out Chrysalis' vision: women leading women to healthier lifestyles!

Community Partnerships

This year we need to give a huge shout-out and thanks to **Central City Foundation** and the **City of Vancouver!** Because of their funding support, New Dawn now has a *beautiful* new bathroom and an infra-red sauna which supports women with therapeutic benefits such as relaxation, relief of unwanted pain, an increase in circulation, more restful sleeps and a reduction in post-acute withdrawal symptoms. We're excited to be able to continue to partner with Central City Foundation for a further enhancement to a second bathroom at New Dawn!

Also, a BIG thank you to everyone at the **Vancouver Dispensary Society** for their ongoing contributions to Chrysalis' fundraisers throughout the year, and for the continued support with maintaining the beautiful garden donated last year and planted in New Dawn's back yard – now that winter has passed, women are enjoying daily fresh, organic salads again!

We also love our partnership with **Vancity**, and in particular the ongoing collaborations with Jenn McGinn, Gabriella Bognar and Phelan Jung! The love and support Chrysalis continues to receive from Vancity and its members is profound – from promoting our organization and events, to donating items for our garage sales and/or our homes, to supporting our Annual Christmas Drive with invaluable monetary and in-kind contributions via their Angel Tree program. Our partnership with Vancity continues to grow and exemplifies the very best elements of community and people helping people!

We're so grateful for the truly invaluable contributions from individuals in our community! From monthly donations via Canada Helps to weekly donations of bouquets of flowers placed throughout New Dawn, to fresh farm eggs delivered weekly, to weekly donations of bread for each of our houses; to weekly Yoga and Reiki groups; to the *incredible* supports at Christmastime, and most recently the Inspiration Passes through the Vancouver Public Library that support the women to attend community events that they might never have access to - the list goes on and on! Contributions like these give the women in our programs indescribable opportunities on which they can build foundations of recovery – this kind of love and support from our community translates to building new healthy memories for all the women in our programs!

Moving Forward

We're really excited for the coming year, and our main goals are:

- * to continue to reduce barriers and provide and advocate for effective, trauma-informed, holistic care and service for women
- * to strengthen existing funding partnerships & secure new ones
- * to complete capital projects at New Dawn, that include renovating and repairing one more bathroom, securing new cabinetry for the kitchen, having the interior and exterior of the house painted, and securing more landscaping for the front yard
- * to relocate our Head Office to a more cost-effective location
- * to increase our numbers of monthly financial contributions to Chrysalis via Canada Helps
- * to increase the number of Alumnae Committee members and strengthen community for Alumnae
- * to increase our exposure and community profile through social media (Facebook and Twitter), and increase the number of individual and community engagements (via "Likes" & "Shares")
- * to increase our volunteer capacity so that Chrysalis can attend more community events (ie: Pride Parade, Car Free Day, etc.)

Thank you all for your part in strengthening our Chrysalis Community and for working with us to make recovery possible for women! We make every effort to increase the number of people we're connected to! We invite you, your family, friends and colleagues to connect with us online, join or start a conversation, help Chrysalis expand, educate people about us, advocate for us, and help celebrate the profound successes the women in our programs are achieving each and every day! We *ALL* benefit when women have access to safe supports to recover from addiction, violence and poverty! Thank You!!

Shannon Skilton